



Bloomsbury Fitness Gym Rules

Footwear and clothing: Please note that you are not permitted to work out in the gym, including cardiovascular, stretching as well as weight training, unless you are wearing appropriate, clean fitness training clothes i.e. T-shirt / vest / sweatshirt; tracksuit trousers / shorts; and appropriate, clean trainers and/or plimsolls.

CV Machines: When the gym is busy members are requested not to remain on the same type of CV machine for longer than 20 minutes. Please see the gym notices for details.

Free Weights: Do not remove the Olympic bars from their exercise stations. Dumbbells, discs and bars must not be removed from the Fitness Suite. Bench Press Station: If using heavy weights, you must have a spotter(s).

Bags: Bloomsbury Fitness cannot take any responsibility for the security of your belongings. Please use the lockers provided, as bags may not be taken into the Gym.

Drinks: Open cups, cans or glass bottles should not be brought into the training areas.

Mobile Phones: Strictly no mobile phones in the changing rooms.

Bloomsbury Fitness Gym Code

Warm up adequately prior to training and cool down adequately afterwards.

Immediately stop training and inform an instructor if you feel dizzy or unwell, if you feel any sudden, sharp pain or if you experience chest pain, light-headedness, abdominal discomfort, unusual fatigue or shortness of breath or palpitations.

Do not eat a large meal or drink alcohol less than two hours before starting to exercise but do not exercise on an empty stomach. Maintain adequate blood sugar levels. Avoid dehydration by drinking water / fluids frequently. Use plastic drinks bottles with secure tops to guard against spillage over electrical equipment or over the floor. Do not chew gum while training.

Do not use any equipment that you do not know how to use properly. Do not misuse the equipment. If you are unsure of any exercise, if you have never used free weights before, ask an instructor. It is essential that you know the correct technique as this enables you to train safely and effectively. Inductions can be booked at Bloomsbury Fitness reception.

Check the equipment before you use it. If there is a problem, please report it to Bloomsbury Fitness staff. If weights, pulleys or other moving parts become jammed, please inform a Bloomsbury Fitness instructor. Do not attempt to free them yourself as weights or parts may fall unexpectedly.

All equipment e.g. benches, bars must be returned to the exercise station from which they originally came or should be stacked tidily away as appropriate. Barbells, dumbbells and discs must be replaced in their correct places on the racks and disc posts. Do not rest equipment against the mirrors.

Please wipe any sweat from benches, seats, handrails, consoles, mats etc. with the towels provided.

Please do not leave used paper towels, empty drinks containers, chewing gum etc lying around or on equipment and do dispose of it in the rubbish bins provided.

Do not obstruct access to dumbbell racks, passageways, doorways, or fire exits. Avoid resting on weight machines between sets and do allow other users access to work in with you. "Right of way" belongs to the person who is performing the exercise. Do not distract anyone who is in the middle of an exercise and please give the performer a wide berth. Do not lean on the mirrors. Keep your head, hair, limbs and clothing clear of the moving parts of a machine.

Make sure you position yourself correctly on the machine, that any selector pins are fully inserted and that the correct pin is used. Ensure any footstraps are secure.

Smith Machine: Read the instructions on latching and unlatching the bar. When using the Squat Rack or Smith Machine, set the safety stops to the appropriate level. Check that you have loaded the discs securely and evenly on the bar. Collars must be used on the free barbells. Make sure that these are fastened securely on the bar.

Use safe lifting technique when handling weights and never select weights that you (and your spotters) may be unable to control. Concentrate on correct technique. Maintain good form throughout all your repetitions. Lower weights under control. Do not let them crash onto the stack or onto the safety stops or onto the floor.



Bloomsbury Fitness Terms and Conditions

Bloomsbury Fitness terms and conditions exist to facilitate the smooth running of the BF in accordance with Health and Safety requirements and effective security. They help to provide a safe and pleasant environment within the centre for both members and staff. Please read these conditions before you agree to join. It is a condition of membership that you agree to abide by their terms.

MEMBERSHIPS

Memberships are strictly non-transferable and non-refundable. For safety and insurance purposes membership is conditional on the satisfactory completion of the PARQ or on the production of a doctor's letter stating that it is safe for the applicant to participate in activities at Bloomsbury Fitness. Applicants for membership must be at least 17 years of age.

Loss of membership card, locker key etc. incurs the payment of the appropriate administration fee.

Bloomsbury Fitness reserves the right to rescind membership under the following circumstances:

Offences within Bloomsbury Fitness or UCL Union that result in a successful prosecution in law.

Serious failure to respect the membership rights of other members.

Vandalism of Bloomsbury Fitness property.

Misuse of your membership card. Your membership is non-transferable.

Wilful failure to adhere to the Bloomsbury Fitness Terms and Conditions or Gym Code.

Refusal to comply with reasonable staff requests relating to policy, procedures and safety.

The management reserves the right to refuse admission without reason.

FITNESS SUITE- Members are requested to adhere to the Gym Rules and Code. The code covers aspects of safety, hygiene and etiquette in the facility and notices on policy are displayed within the centre. Instructors are there to help you train safely and effectively. Please observe any instructions given regarding safe exercise technique and safe practice so neither yourself or others around you are put at risk. Children are not allowed on the fitness suite main floor at any time.

FOOTWEAR – Footwear must be worn within the corridors, the gym and in all exercise classes at all times, unless a class instructor specifically requests otherwise. In the Dojo only bare feet or socks are permitted. Please remove shoes before you step on the mats. Members must wear shoes/dojo slippers to and from the changing room to avoid soiling the mats.

FITNESS CLASSES – Classes can be booked one day in advance and up to the time the class is due to start. For member safety, members will not be allowed to join in after this time due to the imperative that correct warm-up is adequately carried out. Class numbers are limited. Please book your space at reception and hand your ticket to the class instructor.

SQUASH COURT BOOKINGS - Bookings must be made by telephone or in person and paid for at time of booking. Squash fees: £2 plus Day Membership if not a member. Rescheduling is permitted with a minimum notice of 24 hours. Fees are non-refundable. In the case of the free, morning bookings, cancellation with less than minimum notice incurs the payment of the squash cancellation fee. Please arrive and leave the court on time. Players must read and abide by the SRA code, posted outside of each squash court and also obtainable at reception.

CLUBS - Club session participants are required to book for their class and collect a ticket for their session at reception and hand it in to the session instructor.

Occasional Silent Training may be requested on selected nights throughout the year to facilitate particularly sensitive performances within our neighbour facility The UCL Bloomsbury Theatre. When this is necessary, notices will be put up in and around the centre to notify our members of this requirement. Your co-operation will be required and appreciated.

Please report any accidents, breakages or out of commission equipment to a member of our staff team. Other constructive suggestions about the facility are also welcomed. Your co-operation is very much appreciated.